

Experiences Related to Alzheimer's

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

It began with my playing *Metamusic* tapes for the nursing home patients I met with in their rooms. The nurses liked what they were hearing and borrowed tapes from me. The area around the nurses' station was often noisy and hectic, crowded with anxious patients repeating demands that could not be satisfied. With *Metamusic* playing at the nurses' station, the whole atmosphere changed, becoming a place of calm and relaxation.

The patient spent long hours roaming the nursing home corridors, confused and anxious, not knowing where her room was. At mealtime she wouldn't stay at the table long enough to eat. The nurses were unable to get her to stay in one place. On one of her wanderings she fell, was badly bruised, and needed pain meds, though the nurses were reluctant to give her too much. I led her to her room and played *Sleeping Through the Rain* for her. She fell asleep, went to the dining room for dinner and ate a good meal. "The tape didn't do a bit of good," she complained to me. In the background, the nurse gave me a thumbs up sign.

My mother has Alzheimer's disease, does not speak, and did not respond in any noticeable way to people who visited her. Since we started playing *Metamusic* tapes for her we seem able to read expressions on her face.

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